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rehab health
& fitness Aust.



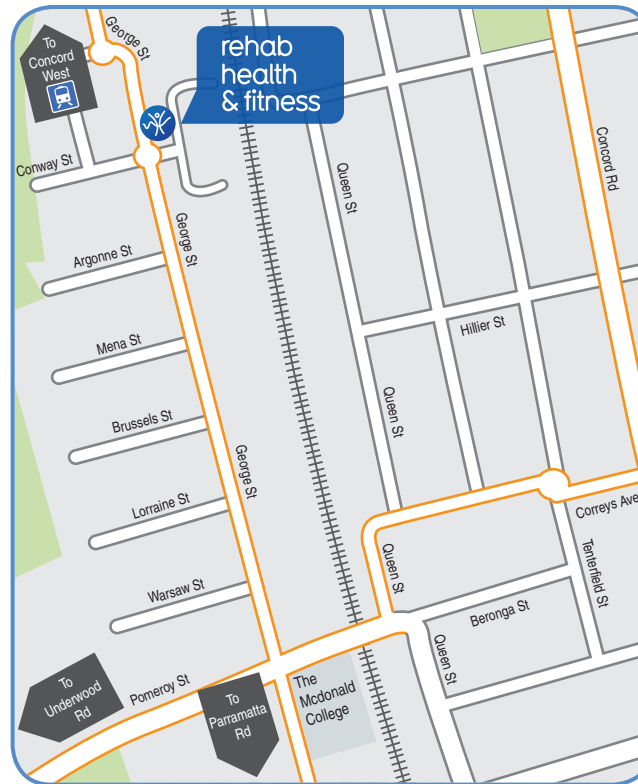
We are the first and only clinic in Australia to have The Solo Step Rehabilitation Support System installed.

In our Specialist Rehab Clinic, North Strathfield, our clients are able to access this advanced therapy system. Clients are able to see immediate results with improved confidence and enhanced weight bearing and can complete advanced rehabilitation activities without the fear of falling.

It is utilised in a vast range of populations including balance and gait training in paediatrics, neurological rehabilitation, falls prevention, amputees and sporting rehabilitation programmes.

“In conjunction with The Solo Step, Rehab Health and Fitness Australia is Revolutionising Rehab”

The system consists of a high performance aluminium track and trolley. The attached harness prevents patients from falling, helping instil confidence and build strength. With the comfort of knowing that you aren't going to fall, our clients are able to 'with confidence' extend their rehabilitation.



- FIND US AT -

Shop 11, 27 - 29 George Street,
North Strathfield, NSW 2137

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Providing individuals with evidence based
Physiotherapy and Occupational Therapy

Services offered throughout Sydney, at our specialist
rehabilitation centre as well as home based therapy





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Who We Are

At Rehab Health and Fitness, we provide Clinic and Mobile based Physiotherapy and Occupational Therapy Services throughout metropolitan Sydney.

We pride ourselves on the delivery of:

- Comprehensive evidenced based assessments.
- Individualised evidence based programs.
- Multidisciplinary involvement from our in house Physiotherapists and Occupational Therapists and third party providers.
- Continuation of care from in home therapy to advanced clinic based programs.

We have a growing team of 12 Physiotherapists and Occupational Therapists whom have a passion for evidenced based practice and functional outcomes to improve quality of life.

It is our vision to be a leader in the provision of Allied Health Services across Sydney and to be a centre of clinical excellence for our professions.

What We Do

- Orthopaedic & amputee rehabilitation
- Aged care assessments and falls prevention programs
- Spinal cord and brain injury rehabilitation
- Stroke, neurological and vestibular rehabilitation
- Cardiac and Pulmonary Rehabilitation programs
- Paediatrics
- Sports and Musculoskeletal Rehabilitation
- Post Hospital Rehabilitation
- Environmental assessments, Department of Housing Reports, home modification and equipment prescription.

We are registered DVA providers, Workcover-approved Physiotherapists and Homefront Falls assessors. All of our Occupational Therapists are Enable Registered Therapists.



Specialist Rehabilitation Clinic

Our Specialist Rehabilitation Clinic located in North Strathfield was chosen due to its convenient location and ease of access and parking. Our brand new clinic and gym has been specifically designed and built to accommodate the needs of clients requiring complex rehabilitation. With our specialised equipment, including the Solostep, large open planned gym and consulting rooms, we are well equipped to provide the most advanced rehabilitation programs for the client.

SERVICING THE
GREATER SYDNEY AREA



Mobile Rehabilitation

We have been providing specialised Home-Based Physiotherapy and Occupational Therapy services across Metropolitan Sydney since 2008.

Home-based therapy is ideal for:

- People that cannot access private physiotherapy and rehabilitation.
- People preferring to be treated in the privacy and convenience of their own home.

We offer advanced therapy and rehabilitation programmes in the comfort of the family home for people with:

- Musculoskeletal complaints
- Sports injuries, neurological and degenerative diseases
- Balance and mobility issues
- Post-surgical patient
- Workers Compensation and CTP insurance

We provide consultations in private homes, nursing homes and retirement villages throughout metropolitan Sydney.

All of our therapists are:

- Registered DVA providers,
- Workcover-approved Physiotherapists
- Homefront Falls assessors
- Enable registered Occupational Therapists.